

School Health Promotion Morning Announcements

DECEMBER: Wash Your Hands!



Short:

[Start speaking here.]

The remote control. A door knob. Money. Your desk. All of these things could be covered with germs that could get on your hands. Some of these germs can get you really sick! Keep yourself and everyone around you healthy by washing your hands often throughout the day.

How to wash your hands properly:

1. Use soap and warm water.
2. Make a lather (LOTS of bubbles).
3. Scrub thoroughly for 20 seconds. (Sing the "Happy Birthday" song twice.)
4. Make sure you wash your palms, back of hands, between fingers, under nails.
5. Rinse well and use a paper towel to shut off the faucet.
6. Dry hands completely.

Stay healthy!

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